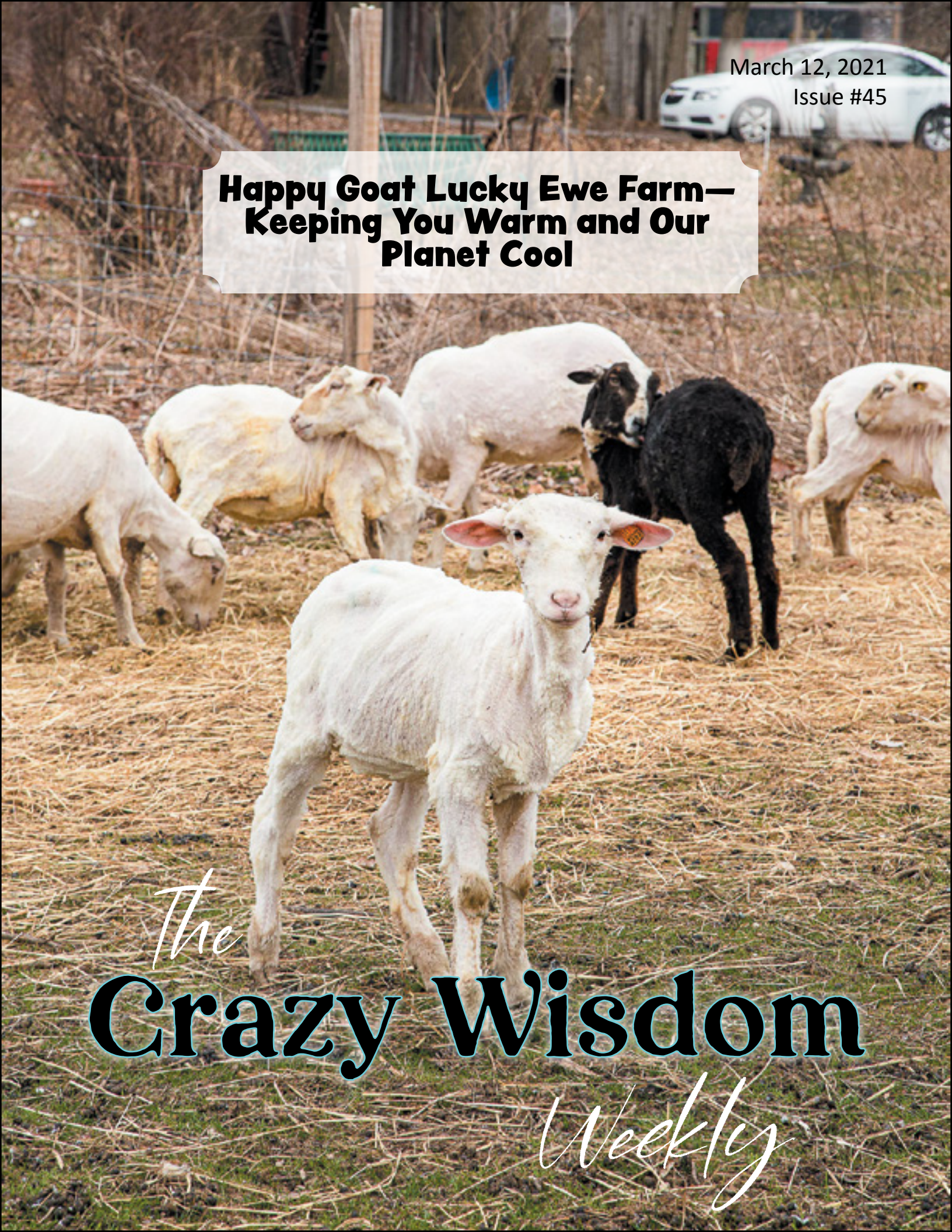
March 12, 2021
Issue #45

# Happy Goat Lucky Ewe Farm—Keeping You Warm and Our Planet Cool



The
# Crazy Wisdom
Weekly

# *shining a light in the dark*

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

# The Crazy Wisdom Weekly

Love tulips?
Learn about the history of tulips
in just three minutes!

## The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put GW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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OSTARA
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Thank you to our contributors for this issue:

Kirsten Mowrey
Peggy River Singer
Carol Karr
Jennifer Carson
Bill Zirinsky

## Word of the Week:

**Bandersnatch**

A wildly grotesque or bizarre individual.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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# The **Vaccine** Comes, and a Wistful Goodbye to this Pandemic Year

By Bill Zirinsky

It's been a full year since my world, and ***the*** world, closed down. On this very evening, one year ago, I assembled for the Crazy Wisdom Journal's 25th anniversary cover photo shoot—having invited Dick Mann, Cathy King, Linda Feldt, Bronwen Gates, Lev Linkner, Larissa Czuchnowsky and her son Isaac, Brian O'Donnell, and Haju Sunim. A few others were invited—Jay Sandweiss, Lori Fithian, Wasentha Young, and Cantor Annie Rose—but couldn't come. We all knew that the world was about to go into quarantine, and it added a rich poignancy to that photo shoot—it was as if we were all together right as a major blizzard or hurricane began to sweep across our landscape.

The photographer posed us very close to one another, arms around each other's shoulders. It was the last time I casually touched anyone outside my family.

A month ago, I got a phone call from the Washtenaw County Health Department to schedule my first Pfizer vaccination. I got off the call and quietly cried to myself. It had been a long year. Finally, I knew I'd be able to breathe easier. I had been super-careful, in every activity I did outside our home, and found myself good at that kind of compulsive, hygienic self-preservation. I just never "let down" around people outside of home, for the whole year. My tears were of weariness and relief. I didn't think I would make it through the pandemic, which was odd, since I'm very healthy and exercise all the time, and didn't have to work outside my house all these months. It was just a sense that Covid was so random, and I had no idea how my body would respond to it. Probably that inner conviction that I might very well not make it through the dark tunnel of this new millennium's first global plague was a Larry David, NY-Jewish-neurotic type of superstition.

After my first vaccination, we had some delicious weeks of arctic air and wonderful white snow. I relished those deep winter weeks. Then it melted away, and early spring is in the air. I'm sad. And also excited. Sad to see deep winter and ice-cold air, which I love, gone for another year. And sad that this pandemic year is drawing to a slow close. And excited because this pandemic year is drawing to a slow close.

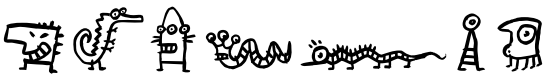
Yes, I'm already getting wistful about the pandemic leaving town—soon, I hope. Not wistful about the terrible loss of life, nor the devastation to the normal rhythms of our lives, to people's work and income, to businesses that went down. Not that at all. But because it's been such a singular year in all our lives. Such a special year in my family, in our bubble together. Life has been so confined, and thereby simplified. So many fewer choices. Nowhere much to go. Nowhere to travel to. No movie nights out. No evening dinners at restaurants with friends. No breakfasts at Benny's with Doug. No one in our home. Daily life collapsed into a much narrower frame.

It's probably not acceptable to be in this state of pre-wistfulness mixed with eagerness. But it's what I feel. No weeks or months of my life, my now reasonably long life at 67, have been as completely "other" as these months. Hiking in high Nepal, biking in rural China, living in southern Italy, yes, those times were "other." But those were weeks or months, not a full year, and though I was immersed in "other" cultures, this pandemic was "other" in the very town I've called home for 50 years. For me, the "otherness" has been remarkable, in and of itself.
I'm an observer, I find life magnificently interesting and richly woven, I'm SO grateful for the life I've been given. And to live through this pandemic has been terrifying, enlivening, bleak in some ways, new and curious in other ways.

It's been terrifying because of its utter randomness and weirdness, and the sense that it was out of control and could get even more so. It's been enlivening because I had to wake up to a new way of living my daily life. It's been bleak to see downtown Ann Arbor shuttered, to be masked in all my interactions, to be afraid to walk side-by-side with even my best friends. It's been curious because, well, just because I'm curious, and this year has been a great time to be curious.

I have no idea why my New York-based grandparents never, never, never even mentioned their year of living through the Spanish Flu pandemic as young adults. How very curious that living through that time, right at the end of World War I, was not something they wanted to impart to us, or imprint in our imaginations. Was it because of how awful it was, and/or because once gone, amnesia set in? Or because they hadn't been directly affected by it, or were unfazed by it? Curious.
When my daughter, Juliana, died at the age of nine, I had the curious sensation of leaving her behind on the riverbank, and as each day passed after her death, I was being carried on a raft on the river of life as it flowed around curves and bends, and she grew ever more distant from me. Now that I've been vaccinated, I have the same curious sensation. The pandemic months are already beginning to recede as I leave my fear on the riverbank. Life is just beginning to open up again. My pandemic grief will slowly become more distant, I imagine. This world, which had an overlay of desolateness, is beginning to brighten, and spring is on its way.

It will become regular to touch people again, to have them over to our house, to give hugs, to sit beside people in a movie theatre, to stand close to one another, to happily get together with people in person, to share meals, to lie on a beach towel right next to a friend and share the ketchup for the French fries, to have another person waiting in line at Roos Roast brush against me without it being a Covid risk, to get off Zoom and meet for breakfast at Morgan + York. What a sadness this year has been, what a terrible way for us to live. We're lucky we managed to live through it, and so glad it will be ending. And I will forever miss this unique year.



*Bill Zirinsky is the Publisher and Editorial Director of the Crazy Wisdom Journal. He and his wife, Ruth Schekter, have been the owners of Crazy Wisdom Bookstore for 32 years.*

## Crazy Wisdom Poetry Series

**hosted by**
**Ed Morin, David Jibson,**
**and Rainey Lamey**

**Second and Fourth Wednesday of each month, 7-9 p.m.**

**Until further notice, all sessions are virtual and accessible through Zoom.**

**Email cwpoetrycircle@gmail.com for Zoom link**

**Second Wednesdays, 7-9 p.m.:** Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

**Fourth Wednesdays, 7-9 p.m.:** Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

### Crazy Wisdom Poetry Series Featured readers

**March 24 - Ken Meisel**, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.

**March 24 - Jeff Vande Zande** has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at www.authorjeffvandezande.blogspot.com

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From Issue #76, Winter 2021

# GOLDEN FLEECE

## Keeping You Warm and the Planet Cool with Michigan Merinos at Happy Goat Lucky Ewe Farm

By Kirsten Mowrey • Photos by Fresh Coast Photography

### "Watch out for the ram."

Surrounded by sheep, I turn quickly, trying to find the one ram among the twenty plus ewes in the pen. They all look alike in their thick winter fleeces on this January visit, dashing away from me when I approach like minnows in a pond. I move closer to Bridget Kavanaugh, the owner of Happy Goat Lucky Ewe farm, to make sure there isn't enough open space for the ram to follow through on his name. Sheep bump against my thighs, and I feel like I'm being hit by toddlers with pillows, their fleeces are so thick. It's a barnyard comedy show: I'm darting after the sheep to see how long their fleeces are, they are running away from me while chasing the hay that Kavanaugh is tossing to them for their late morning feed. Finally, I spot the ram, fortunately across the pen from me, horns hidden by fleece, leaving the black straps of his chest harness the sole identifier.

He's wearing a harness because now is when he will cover (mate) with the ewes. The harness contains orange chalk that he will leave on the rumps of the females and Kavanaugh will know who will be expecting later in the spring. He is essential to the continued future of Kavanaugh's business, Michigan Merinos—ground zero for fiber production in Michigan.

Humans use many materials for our clothing needs. Originally, most clothing was from animal fur and skin. As human culture and agriculture developed, plant-based fibers also appeared. Plant and animal based fabrics have been the foundation for all clothing throughout history, until the advent of synthetic petroleum based fibers in the late 1800s. Increases in the environmental impact of petroleum extraction, personal attention to health, and awareness of local economies brought the question, "Why are we wearing oil?" to the forefront. Just as farmers, health professionals, and economists shone attention onto the how, where, and way of food production, dyers, fiber artists, and clothing designers are asking the same of our textiles. Our skin is the first layer of protection for our body, keeping what we don't want out (viruses, toxic chemicals, thorns) and keeping our internal organs, bones, and other systems safe. Why would you care for your body and then place a carcinogenic chemical-soaked cloth on it for eight or more hours a day? Yet, in our anonymous long production chain economy, we do exactly that.
Knowing where your clothes come from and how they are made isn't only about knowing what you put on your skin, it's also about being present in your place on this planet. Every ecosystem produces fibers that help protect thin human skin. Local sourcing of fiber grounds local economies in their unique ecosystem, its strengths and limitations, helping us to come home to our place on this beautiful blue-green planet. I've written about growing local color via indigo dyeing, (*see the article True Colors: Growing and Creating Local Color with Colorwheel in Issue #73*), and creating clothing by learning to sew fabric and knit yarn, but the basis for all of our clothing is agriculture. Cotton, America's favorite fiber, is frost intolerant and cannot be grown in Michigan. Flax, the basis for linen, grows well in Michigan's climate but requires about seven years to become fully adapted to our ecosystem. Hemp, a strong and durable fiber, was deregulated in the national Farm Bill in 2018, but still requires significant oversight at the federal level, and other plant-based fibers are limited by our long winters.

Which leads us to animal-based fibers: wool, angora, cashmere, and alpaca. With plentiful rainfall and abundant grasses, Michigan is an excellent ecosystem for grazers. Prior to European settlement, most of southern Michigan was oak savanna and prairie, likely grazed by buffalo. European settlers arrived and substituted sheep for bison. The Saline Historical Society's website documents local "breeders and feeders," a 1910 newspaper article citing the sheep practices of area farmers, breeding for wool or meat, and the financial advantages of each strategy. Currently, most of the lower peninsula is defined as "open land" by the US Forest Service and so ready, again, for grazing. Kavanaugh's farm is bringing back historical practices, raising sheep and angora goats, while dedicating land to pollinators and wildlife. She didn't start out this way. Kavanaugh was working as a legislative assistant in the Michigan state legislature when she was asked by state representative Bob Bender to become the public relations manager for the state's bovine tuberculosis program. She said, "I was a farmer-ette back then. We had a small farm and pets for the kids, goats, horses, everything but cows." After two years in public relations, she became the program's interagency coordinator, working with the DNR, Agriculture, Public Health, MSU Extension, Farm Bureau, and the USDA. Then Agriculture hired her to continue that coordination position as well as being the zoetic disease health liaison between departments. Kavanaugh noted "[Because] avian influenza was happening, and the same groups of people had to rise for that occasion. And we did a lot of emergency exercises for SARS and other zoetic diseases, which are diseases that jump between humans and animals. It's constant [work] and it's still going on, but I did it for close to twenty years." [Covid-19 is a zoetic disease].

Kavanaugh retired in 2015 and purchased her Merino sheep in 2017. She had raised sheep for meat before, but then "I discovered Merino—the wool is so absolutely amazing. Its 3000 years of research and development has gone into making the Merino sheep the perfect fiber animal. And you get the great attitude and personality of sheep. They're the most amazing animals. They're mellow, quiet, not aggressive. They just really like to eat, and ruminate, and they seem very wise to me." Merino wool is very fine, its thickness measured in microns. Merino thickness is less than 24 microns, compared to 25 to 35 for Shetland wool. Fine wool means it feels softer to human skin and fetches a higher price.

Raw fiber needs to be processed: washed, skirted, vegetable matter removed, picked, carded, and hacked to create a base material that can then be turned into thread. Wool is processed into one of three forms: batts, roving, or yarn. Batts are large squares, typically used in quilts or for creating felted cloth, while roving is fluffy lightweight pillows of fiber ready for spinning. While Kavanaugh has some clients who buy raw fleeces, and do the work themselves, for others she sends her wool off to mills for processing. Michigan, with its manufacturing and agricultural past, is fortunate to have mills within the state, keeping shipping minimal, but wool producers in other states often have to ship their wool thousands of miles. Some customers want roving, others yarn, and yarn type depends on what they create.

Kavanaugh explained: "For hand knitting yarn, a soft, beautiful, light and airy twist, I use Stonehedge Fiber Mill [located in East Jordan, MI]. Hoof to Hangar in Richmond does a very nice job, too. Zeilinger's [in Frankenmuth, one of the largest mills in the country] does the yarn for machine knitting because their twist has to be extra tight. If you look at the yarn from Zeilinger and the yarn from Stonehedge, you wouldn't believe it came from the same animal because [the one] is so super tightly spun. But the fibers open up as you wear them. So, you get your hat back or your socks and it seems kind of coarse and you think: I don't like this. I don't think this is Merino. As you wear it and wash it, it softens up and blooms into this really lovely soft yarn. But it takes a while, and the tight spin will help it last a longer amount of time."

n the pen, I try to part the sheep's fleeces to see the skin and measure how long it is. Dirty gray on the outside, the slightly oily (from lanolin, which the sheep secrete) parted fleece reveals whiteish fiber turning to honey colored near the skin, almost like an egg. My inspection finished, we watched the sheep leave the pen, while Kavanaugh talked about sheep care, farm grants, and her upcoming shearing day. Watching the sheep walk away, I feel a calmness that the presence of animals brings. Yet, these sheep are doing more than easing my nervous system, they are also helping to combat one of the hottest topics in politics: climate change.

Carbon is an element, number six on the periodic table that hung in all chemistry labs as I was growing up. We are made of carbon, it's in all our cells, and when we, and everything on this planet, dies, that carbon is freed up to continue moving through the many cycles that keep our planet supporting life. The carbon cycle, which includes carbon dioxide, is the name of how carbon moves through our biosphere. A very simple description looks like this: we breathe in oxygen, and we exhale carbon dioxide. Trees inhale carbon dioxide and exhale oxygen. Some processes, such as burning fossil fuel, emit large amounts of carbon dioxide. Other systems, such as oceans and atmosphere, take in carbon dioxide. Again, this is a simple description of a very complex system, but the devil, as always, is in the details.

Herbivores are often cited as a form of emissions, similar to factories and transportation, but not all herbivore activities are equal. A CAFO (concentrated animal feeding operation), where cattle are fed imported grain, kept in small lots, and slaughtered young, yields great amounts of carbon emissions and manure. Yet this is not how cattle, or any other herbivore, lives in an ecosystem. In an ecosystem, herbivores range, moving from place to place to find food and leaving behind their manure. Their grazing stimulates plant growth, causing the grasses to take in *more* carbon, acting as a carbon sink, not an emitter. Their manure returns nutrients to the soil, enabling *more* plant growth and *more* soil bacteria, again acting as a carbon sink. Concentrating animals is essentially creating a factory with biological components. In an ecosystem unmanaged by humans, concentrations such as these occur only seasonally and only for short periods—think of bears in Alaska feeding on spawning salmon, or migrations of wildebeest in Africa. They don't stay there for months and months, because the ecosystem can't support that, but the short term intensity creates a situation where the plants are grazed, the soil disturbed, and then [the land] takes in more carbon to create the new growth, overall drawing down the carbon in the atmosphere.

This cycle is exactly what Kavanaugh recreates on her 35-acre farm. As we crunch through the snow, she explained, "This paddock is 13 acres. I divide it into five [areas] in the summer with premier electronet fencing. It is portable, you roll it up. They get three days on one area and then they go to another area. I have 12 separate areas. The first run of the season here," she gestures, her blond hair swinging behind her, "we'll go to the right to recover. It's over a month before you are on it again." During that month, the grasses and soil are sucking carbon out of the atmosphere, turning her farm in Mason into a carbon sink. Part of a USDA program, Kavanaugh's soil is tested regularly to check the carbon uptake and her "climate-beneficial" wool fetches better prices.

Read the rest of the article online!

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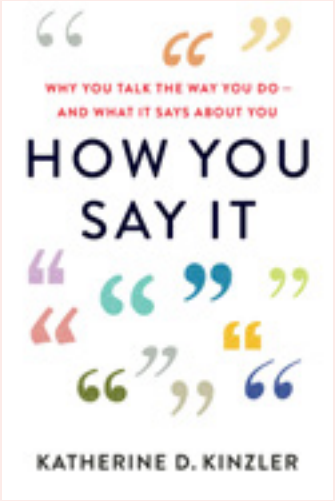
# Crazy Wisdom Book Pick of the Week




Purchase your copy of *How You Say It* at shopcrazywisdom.com.

*How you say it: Why You Talk the Way You Do-And What It Says About You by Katherine Kinzler*

From "one of the most brilliant young psychologists of her generation" (Paul Bloom), a groundbreaking examination of how speech causes some of our deepest social divides—and how it can help us overcome them.

We gravitate toward people like us; it's human nature. Race, class, and gender shape our social identities, and thus who we perceive as "like us" or "not like us". But one overlooked factor can be even more powerful: the way we speak. As the pioneering psychologist Katherine Kinzler reveals in How You Say It, the way we talk is central to our social identity because our speech largely reflects the voices we heard as children. We can change how we speak to some extent, whether by "code-switching" between dialects or learning a new language; over time, your speech even changes to reflect your evolving social identity and aspirations. But for the most part, we are forever marked by our native tongue—and are hardwired to prejudge others by theirs, often with serious consequences. Your accent alone can determine the economic opportunity or discrimination you encounter in life, making speech one of the most urgent social-justice issues of our day. Our linguistic differences present challenges, Kinzler shows, but they also can be a force for good. Humans can benefit from being exposed to multiple languages —a paradox that should inspire us to master this ancient source of tribalism, and rethink the role that speech plays in our society.

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From Our Blog

# IN THE COMPANY OF RAIN

By Peggy River Singer

Let's play with free association for a few minutes. What do you think of when you hear the word Rain? Sprinkle, pour, drizzle, washing, cleaning, clearing, replenishing, soothing, refreshing, nurturing, restoring, splashing, lakes, ponds, puddles, Raindrops Keep Fallin' on My Head, shower heads, floods, monsoons, deserts, rain forests, aquifers, mud slides.

This list reminds us that no matter who you are, or where you live, or what you do for a living, RAIN MATTERS. Rain—and its absence—has been hugely important to humans from the very beginning. And our spiritual, emotional, and physical relationship with rain goes far beyond scientific facts and figures.

I've always treasured the soothing sound of a steady rain. When I began meditating in the 1990's, I found that on rainy days my meditations were deeper and more satisfying. Around the same time, I developed a habit of picking up my guitar when it was raining. I liked to think that Rain was listening to me play, and the lower air pressure and humidity seemed to add some nice resonance to the sound.

As a fledgling Communicator, I wondered one day whether I would be able to connect with Rain. I sent thoughts of love and appreciation, and a virtual hug; and asked for some kind of response. Moments later, the gentle rain had suddenly become quite a downpour. Right in front of my door.

Today, it is my great pleasure to be able to share a conversation I had with this multi-talented Being who is so vitally essential to the health and welfare of the planet and all who share it.

Peggy: Good morning, Rain! I'm afraid I cannot pronounce the name you just gave me; may I address you as Rain instead?

Rain: Surely!

Peggy: Thank you. Will you tell us something about your day-to-day activities?

Rain: That could be described broadly as "oversight" of the planet's relationship with water in the form of rain, or a lack of rain. I am given responsibility—by Creator—for coordinating this very complex and sophisticated system.

Read the rest of Peggy's conversation with rain on our blog!

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———————

**Evening with Aaron**
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 3/24, 4/21, 5/19, 6/16
**Registration and information:** DeepSpring.org

**DeepSpring.org | info@deepspring.org | 734.477.5848**
**Deep Spring Center is a 501(c)3 non-profit. See website for details.**

# The Crazy Wisdom weekly Calendar

## Channeling

**Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Mar. 24, Apr. 14 • 7 p.m. •** An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. $10-35. Contact at 477-5848; om@deepspring.org or deepspring.org.

## Ceremonies, Celebrations, and Rituals

**Easter Satsanga & Meditation ~ Virtual Gathering with the Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling • Sunday, Apr. 4 • 10:30 a.m. •** We warmly welcome everyone, of all faiths, to join us on Easter morning for our Gathering on Zoom. The Zoom link will be open by 9:30 a.m. so you can get setup early before we start sharing in song~chants, inspired thoughts, and a recorded talk by Mata Yogananda Mahasaya Dharma, followed by Pure Meditation and silent prayer for as long as you wish to (away from our devices). These are such beautiful times with many blessings, please feel free to tell others so that they too may have the opportunity to join in and receive. Email by March 31st or check our website for the Zoom link. Free. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org

## Life Transitions

**Helpful Legal Tips for Every Stage of Life with Elizabeth Hurwitz • Saturdays, Mar. 13, Apr. 10 • 11 p.m.** • Useful legal information for every stage of your life and the lives of your loved ones. Question and answer period and group discussion time included. The workshop will take place via Zoom. Please email Elizabeth to obtain the Zoom link at elizabethwhurwitz@gmail.com. Free. Contact Elizabeth at 657-0835; elizabethwhurwitz@gmail.com or hurwitzlawoffices.com.

## Meditation

**Weekly Meditation via Zoom • Sun. & Tues. • 11:00:00 AM •** Offering the opportunity to meditate online every Sunday and Tuesday morning with others from far and near. Sunday at 11:00 am to 12 noon and Tuesday at 9:00 am. Eastern time. Contact Tana at om@deepspring.org for more information or visit deepspring.org.

**Holy Week Retreat-From Ashes to Pentecost with the Weber Center • Sunday-Thursday, Mar. 28-Apr. 1 •** Having come through Lent, we prepare to meet the Risen Lord who longs to give us the gift of the Holy Spirit. Having been accompanied by a pandemic, a national election and violence in our streets, we await God's word of hope. With time for silence, for prayer, for insights from the Scripture, God comes to meet us to reveal God's love. What are the lessons we have learned? Registration required. Open to all. Donations are greatly appreciated. Contact the Weber Center at 517-266-4000 or webercenter.org.

## Retreats

**Holy Week Retreat-From Ashes to Pentecost with the Weber Center • Sunday-Thursday, Mar. 28-Apr. 1 •** Having come through Lent, we prepare to meet the Risen Lord who longs to give us the gift of the Holy Spirit. Having been accompanied by a pandemic, a national election and violence in our streets, we await God's word of hope. With time for silence, for prayer, for insights from the Scripture, God comes to meet us to reveal God's love. What are the lessons we have learned? Registration required. Open to all. Donations are greatly appreciated. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

## Shamanism

**Basic Shamanic Journeying with Judy Ramsey • Saturday and Sunday, Mar. 13-14 • 9 a.m.-3 p.m. •** The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online via Zoom. $180. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or https://JudyRamsey.net.

**Advanced Shamanic Healing for Animals with Judy Ramsey • Every Thursday, Mar. 30-Apr. 27 • 7-9 p.m. •** This workshop will take students more deeply into techniques introduced in Shamanic Animal Healing and introduce advanced techniques for shamanic animal healing including storytelling, extraction, and psychopomp. Prerequisite is Shamanic Animal Healing I. $250 by Mar. 15. $275 after. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

## Spiritual Development

**Monthly Midrash Study with Karen Greenberg • Fridays, Mar. 19, Apr. 23 • 3 p.m**. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. $150/month. Contact Karen at 417-9511; krngrnbg@gmail.com or http://www.clair-ascension.com/.

## Writing and Poetry

**Prose, Poetry and Potpourri (A virtual gathering) with the Weber Center • Sunday, Apr. 8 • 3:30 p.m. •** April is National Poetry Month! Settle in, get a cup of tea or your favorite beverage. Relax and enjoy a virtual hour of prose, poetry and potpourri. Listen to poetry read by the authors, a reading from a book soon to be published, as well as familiar and original musical compositions. Be amazed by the talent in our midst. All are welcome. Free. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

## Yoga

**Compassionate Yoga with Mary Seibert • Thursdays • 5:30-6:30 p.m. •** Classes are taught remotely at this time. Kripalu yoga is great for beginners and seasoned students. Emphasis on mindfulness, breath, postures, strength and balance. Sliding scale prices, $5-$15/class. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

**Virtual Yoga Classes with Imagine Fitness •** Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

**Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype •** Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

**Yoga Classes Online • Daytime, Evening, and Saturday classes •** Beginning and experienced level classes with individualized instruction that meets the needs of each student. Teachers teach how to do yoga and are experienced and certified. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

**Online and In-Person Yoga Classes with Ema Stefanova • Ongoing classes •** Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. Also offering pprivate yoga therapy and meditation for clients and groups. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Get your calendar listings in by
Monday morning at
10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

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